

USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 04-09-09)

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A549 – TURKEY, BREAST, COOKED, DELI-STYLE, REGULAR, FROZEN, 9-11 LB



Nutrition Information

Turkey breast, deli-style, cooked

CATEGORY	<ul style="list-style-type: none"> Meat/Meat Alternates
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> Deli turkey breast is produced from young ready-to-cook turkeys, containing no more than 10% added ingredients, which include water, salt, sugar, binders and phosphates. Turkey breasts are individually wrapped and vacuum packaged in shrinkable oxygen and moisture proof bags or casings.
PACK/YIELD	<ul style="list-style-type: none"> 4/9-11 lb turkey breasts per case. One lb AP provides about 10.0 1.6-oz servings of deli style turkey breast. CN Crediting: 1.6 oz deli-style turkey breast provides 1 oz-equivalent meat/meat alternate.
STORAGE	<ul style="list-style-type: none"> Store frozen turkey products in original shipping container off the floor at 0 °F or below. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.
PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none"> TO THAW: Remove turkey breasts from original bags or casings and place in single layer on sheet pans or trays. Thaw in refrigerator only the amount needed for one day's use and use within 3 days. Do not hold thawed turkey breasts longer than 24 hours before heating or serving. DO NOT REFREEZE after thawing or heating.

	1.6 oz (45 g)	3.2 oz (91 g)
Calories	56	112
Protein	8.8 g	17.6 g
Carbohydrate	N/A	N/A
Dietary Fiber	N/A	N/A
Sugars	0.8 g	1.6 g
Total Fat	2.4 g	4.8 g
Saturated Fat	0.8 g	1.6 g
Trans Fat	0 g	0 g
Cholesterol	28 mg	56 mg
Iron	0.48 mg	0.96 mg
Calcium	8 mg	16 mg
Sodium	360 mg	720 mg
Magnesium	10 mg	20 mg
Potassium	137 mg	274 mg
Vitamin A	15 IU	30 IU
Vitamin A	5 RAE	10 RAE
Vitamin C	2.6 mg	5.2 mg
Vitamin E	0.04 mg	0.08 mg



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USES AND TIPS	<ul style="list-style-type: none">• Serve turkey breast hot or cold, sliced in hoagie or hero sandwiches, as an entree, diced in salads, or in any recipe specifying cooked turkey.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none">• Thaw frozen products in the refrigerator below fresh or ready-to-eat foods.• Reheat turkey products to 165 °F for 15 seconds.• Keep meat and poultry separate from other foods, wash working surfaces (including cutting boards), utensils, and hands after touching meat or poultry.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none">• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm.• For additional information on product dating, please visit the Food Dating section of the <i>Choice Plus Food Safety Supplement</i> at: http://www.nfsmi.org/.